

Claims

[c1]

1. A portable exercise system, comprising:

(A) a carrying case; and

(B) a foldable trampoline adapted to fit within said carrying case.

[c2]

2. A portable exercise system, as recited in claim 1, wherein said foldable trampoline further comprises:

(1) a collapsible frame connected to a mat, the frame comprising a plurality of sections and the frame capable of collapsing into a substantially triangular shape;

(2) four hinges located at about 60°, 120°, 240° and 300° about said collapsible frame and wherein said four hinges are "C" shaped and have an end that is removably connected to said collapsible frame; and

(3) a plurality of foldable legs for supporting the frame.

[c3]

3. A portable exercise system, as recited in claim 1, wherein said foldable trampoline is a circular trampoline.

[c4]

4. A portable exercise system, as recited in claim 2, wherein said collapsible frame is capable of collapsing using a plurality of hinges.

[c5]

5. A portable exercise system, as recited in claim 4, wherein said plurality of hinges is six hinges located equidistant along the periphery of the exercise apparatus.

[c6]

6. A portable exercise system, as recited in claim 4, wherein said plurality of hinges are configured to provide lateral flexibility in the framework.

[c7]

7. A portable trampoline exercise system, comprising:
- (A) a collapsible frame connected to a mat, the frame comprising a plurality of sections and the frame capable of collapsing into a substantially triangular shape;
 - (B) four hinges located at about 60°, 120°, 240° and 300° about said collapsible frame and wherein said four hinges are "C" shaped and have an end that is removably connected to said collapsible frame;
 - (C) a plurality of foldable legs for supporting the frame; and
 - (D) a carrying case adapted to hold said collapsible frame.

[c8]

8. A portable trampoline exercise system, as recited in claim 7, wherein said collapsible frame is a circular mini-trampoline frame.

[c9]

9. A portable trampoline exercise system, as recited in claim 7, wherein said collapsible frame is capable of collapsing using a plurality of hinges.

[c10]

10. A portable trampoline exercise system, as recited in claim 8, wherein the plurality of hinges is six hinges located equidistant along the periphery of the exercise apparatus and the hinges provide lateral flexibility in said collapsible frame.

[c11]

11. A portable exercise system, comprising:

- (A) a collapsible frame connected to a mat, the frame comprising a plurality of sections which collapse using a plurality of hinges providing lateral flexibility in the frame;
- (B) wherein said plurality of hinges further comprises four hinges located at about 60°, 120°, 240° and 300° about said collapsible frame and wherein said four hinges are "C" shaped and have an end that is removably connected to said collapsible frame;
- (C) a plurality of foldable legs for supporting the frame; and
- (D) a carrying case capably of holding said collapsible frame.

[c12]

12. A portable exercise system, as recited in claim 11, wherein the plurality of hinges is six hinges located equidistant along the periphery of the exercise apparatus and the frame is capable of collapsing into a substantially triangular shape.

[c13]

13. A portable trampoline system, comprising:
- (A) a collapsible frame connected to a mat, the frame comprising a plurality of sections which collapse using a plurality of hinges providing lateral flexibility in the frame;
 - (B) wherein said plurality of hinges further comprises four hinges located at about 60°, 120°, 240° and 300° about said collapsible frame and wherein said four hinges are "C" shaped and have an end that is removably connected to said collapsible frame;
 - (C) a plurality of foldable legs for supporting the frame; and
 - (D) a carrying case, having an interior, said interior being adapted to receive said collapsible frame and said mat.

[c14]

14. A portable trampoline system, as recited in claim 13, wherein the plurality of hinges is six hinges located equidistant along the periphery of the exercise apparatus and the frame is capable of collapsing into a substantially triangular shape.

[c15]

15. A method of preparing a substantially circular trampoline containing a collapsing frame connected to a mat, the frame comprising a plurality of sections which collapse using a plurality of hinges; the method comprising:
- (A) folding legs in an inward position;

- (B) folding the trampoline into a substantially semi-circular configuration wherein said folding said trampoline further comprises folding said frame about a first hinge positioned at about 60° on said frame and a second hinge positioned at about 240°; folding said frame a second time about a third hinge positioned at about 120° on said frame and about said fourth hinge positioned at about 300° on said frame;
- (C) folding the trampoline into a substantially triangular shape; and
- (D) placing said folded trampoline in a carrying case.

[c16]

16. A method, as recited in claim 15, further comprising folding the trampoline into a substantially triangular shape by bringing the corners of the semi-circle into proximity with each other.

[c17]

17. A transportable exercise apparatus having a substantially triangular configuration, the apparatus comprising:

- (A) a collapsible frame connected to a mat, the frame comprising a plurality of sections which collapse using a plurality of hinges;
- (B) wherein said plurality of hinges further comprises four hinges located at about 60°, 120°, 240° and 300° about said collapsible frame and wherein said four hinges are "C" shaped and have an end that is removably connected to said collapsible frame;

- (C) a plurality of foldable legs for supporting the frame; and
- (D) a carrying case capable of holding said collapsible frame.

[c18]

18. A collapsible trampoline system having a substantially triangular configuration, the trampoline comprising:

- (A) a collapsible frame connected to a mat, the frame comprising a plurality of sections which collapse using a plurality of hinges;
- (B) wherein said plurality of hinges further comprises four hinges located at about 60°, 120°, 240° and 300° about said collapsible frame and wherein said four hinges are "C" shaped and have an end that is removably connected to said collapsible frame;
- (C) a plurality of foldable legs for supporting the frame; and
- (D) a carrying case, having an interior compatible with holding said collapsible frame.

[c19]

19. A portable exercise system, comprising:

- (A) a carrying case, said carrying case further comprising:
 - (1) an interior and an exterior;
 - (a) said interior being defined by a top, a first and second diagonal sides, a first and second vertical side and a bottom;

(b) said exterior further comprising a handle fixed to said top,
a foot fixed to said bottom and a wheel assembly fixed to
said bottom; and

(B) a foldable trampoline adapted to fit within said interior of said carrying
case.

[c20]

20. A portable exercise system, as recited in claim 19, wherein said carrying case
further comprises a restraining strap within said interior for restraining said foldable
trampoline in place.

[c21]

21. A portable exercise system, as recited in claim 1, wherein said foldable
trampoline further comprises:

- (1) a collapsible frame connected to a mat, the frame comprising a plurality of
sections, and the frame capable of collapsing into a substantially triangular shape;
- (2) four hinges located at about 60°, 120, 240 and 300 about said collapsible frame
and wherein said four hinges further comprise the a cavity portion attached to a
protrusion portion by a pin; and
- (3) a plurality of foldable legs for supporting said collapsible frame.

[c22]

22. A portable exercise system, as recited in claim 19, further comprising:
(C) a second handle assembly attached to the rear of said carrying case.

[c23]

23. A portable exercise system, as recited in claim 22, wherein said second handle assembly is removable from said rear of said carrying case.

[c24]

24. A portable exercise system, as recited in claim 22, wherein said second handle assembly is extendable.

[c25]

25. A portable exercise system, as recited in claim 22, wherein said second handle assembly further comprises a handle portion connected to a vertical portion, wherein said vertical portion is connectable to a leg of said foldable trampoline and wherein said second handle assembly when said vertical portion is connected to said leg of said foldable trampoline, provides a balance bar for a user of said foldable trampoline.